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 RICHARD W. WIEKING  
 CLERK, U.S. DISTRICT COURT  
 NORTHERN DISTRICT OF CALIFORNIA  
 T COURT  
 ALIFORNIA

) Case Number: 14-CV-0839 HRL  
)  
) **PLAINTIFF'S NOTICE OF VOLUNTARY**  
) **DISMISSAL, WITHOUT PREJUDICE**  
) [FRCP § 41(a)(1)(A)(i)]  
)

) Case Number: 14-CV-0839 HRL

**PLAINTIFF'S NOTICE OF VOLUNTARY  
DISMISSAL, WITHOUT PREJUDICE**  
[FRCP § 41(a)(1)(A)(i)]

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Respectfully Submitted,

Erk. 9/11/10

Plaintiff, Pro Se

Dear Clerk and/or Judge,

I, Erik Estavillo, hereby, have to voluntarily drop case 14-CV-0839 HRL. Reason being that my health is declining with each passing day the case is not heard. My panic disorder and Crohn's Disease are worsening; as can be seen in the attached Emergency Room Document. Thank you for your understanding.

Dated: April 10<sup>th</sup> 2014

Erik Estavillo

A handwritten signature in cursive script, appearing to read "Erik Estavillo". The signature is written in dark ink and is located to the right of the typed name.

## General Instructions with ExitWriter

### Regional Medical Center of San Jose

225 North Jackson Ave, San Jose, CA 95116 408-729-2841

04/09/2014 20:35

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**Patient: ESTAVILLO, ERIK**  
**3284 CORTESE CIR, SAN JOSE, CA 95127**  
**MRN: Q480272 Acct#: Q00849585281**  
**Sex: M DOB: 03/24/1980 Age: 34y**

Thank you for visiting the Regional Medical Center of San Jose-Emergency Department.  
You have been evaluated today by Shao Huang, MD for the following condition(s):

Crohn's disease. Abdominal pain.

## INSTRUCTIONS

Drink plenty of fluids.

**Warnings:** GENERAL WARNINGS: Return or contact your physician immediately if your condition worsens or changes unexpectedly, if not improving as expected, or if other problems arise.

### Follow-up:

Return to the emergency department as needed. Follow up with your doctor in three days.

Understanding of the discharge instructions verbalized by patient.

## ADDITIONAL INFORMATION

### CROHN'S DISEASE

Crohn's disease is a chronic inflammation of the intestinal tract that comes and goes. Crohn's is a form of Inflammatory Bowel Disease. The exact cause is not known. Chronic diarrhea may alternate with constipation. During a symptom flare, there may be intense abdominal pain and fever. Mucus, blood or pus may appear in the stool. This is a chronic illness and episodes of inflammation come and go over time. When the disease is not active, there are usually no symptoms.

### HOME CARE:

1. DIET: Talk to your doctor or ask for a referral to a dietitian to develop a meal plan that works for you.



- Learn what foods worsen your symptoms. Keeping a food diary may help with this.
- Eating smaller meals at more frequent intervals (4-5 times a day).
- Avoid greasy or fried foods.
- Limit consumption of milk and milk products (butter, margarine, cream sauces).
- If you are lactose intolerant ask your doctor to advise a digestive supplement.
- During a flare-up of your symptoms, avoid high fiber foods such as nuts, corn, popcorn and Chinese vegetables.

2. MEDICATIONS: For mild to moderate cramping and diarrhea, you may use Imodium AD (over-the-counter), unless another medicine was prescribed. For acute flares of your illness, prescription medicines can be prescribed. Contact your doctor if this is needed.

**FOLLOW UP** with your doctor as advised by your staff. Support Groups for persons Crohn's disease can be a source of useful information on how others are coping with this illness. They are available in person, on the phone, or via the Internet. Contact the following resources for more information.

- CROHN'S AND COLITIS FOUNDATION OF AMERICA, INC. (800) 932-2423 [www.ccfa.org](http://www.ccfa.org)
- NATIONAL DIGESTIVE DISEASES INFORMATION CLEARINGHOUSE (NDDIC) (800) 891-5389  
[www.digestive.niddk.nih.gov](http://www.digestive.niddk.nih.gov)
- PEDIATRIC CROHN'S AND COLITIS ASSOCIATION, INC. (617) 489-5854  
<http://pcca.hypermart.net/index.html>

[NOTE: If you had an X-ray or EKG (cardiogram), it will be reviewed by a specialist. You will be notified of any new findings that may affect your care.]





**GET PROMPT MEDICAL ATTENTION** if any of the following occur:

- Unexplained fever over 100.5° F (38.0° C) oral
- Abdominal pain that does not respond to usual measures
- Mucus, pus or blood in the stool (dark or bright red)
- Repeated vomiting
- Abdominal swelling and pain that does not go away after a few hours

**HIGH FIBER DIET**

Fiber is present in all fruits, vegetables, cereals and grains. Fiber passes through the body undigested. A high fiber diet helps food move through the intestinal tract. The added bulk is helpful in preventing constipation. In persons with diverticulosis it serves to clean out the pouches along the colon wall while preventing new ones from forming. A high fiber diet also reduces the risk of colon cancer, decreases blood cholesterol and prevents high blood sugar in diabetics.

The foods listed below are high in fiber and should be included in your diet. If you are not used to high fiber foods, start with 1 or 2 foods from this list. Every 3-4 days add a new one to your diet until you are eating 4 high fiber foods per day. This should give you 20-35 Gm of fiber/day. It is also important to drink a lot of water when you are on this diet (6-8 glasses a day). Water causes the fiber to swell and increases the benefit.

**FOODS HIGH IN DIETARY FIBER:**

**BREADS:** Made with 100% whole wheat flour; Graham, wheat or rye crackers; tortillas, bran muffins

**CEREALS:** Whole grain cereal with bran (Chex, Raisin Bran, Corn Bran), oatmeal, rolled oats, granola, wheat flakes, brown rice

**NUTS:** Any nuts

**FRUITS:** All fresh fruits along with edible skins, (bananas, citrus fruit, mangoes, pears, prunes, raisins, apples, pineapple, apricot, melon, jams and marmalades), fruit juices (especially prune juice)

**VEGETABLES:** All types, preferably raw or lightly cooked: especially, celery, eggplant, potatoes, spinach, broccoli, brussel sprouts, winter squash, carrots, cauliflower, soybeans, lentils, fresh and dried beans of all kinds

**OTHER:** Popcorn, any spices

**IF YOU HAVE DIVERTICULOSIS, AVOID THESE FOODS:**

Tiny seeds can become trapped in the colon pouches and cause an attack of diverticulitis. Therefore, avoid spices with small seeds (dill, celery), fruits with small seeds (strawberries, blueberries, raspberries, blackberries, boysenberries, whole cranberries, raisins and grapes with seeds) and



popcorn. You may eat fruit with larger seeds (such as watermelon and citrus fruits), if you can avoid swallowing the seeds.

